

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-34 (Canceled).

35. (Currently amended) A method for producing a physiologically compatible, phospholipid containing, hard matrix consisting of a supporting material and a phospholipid, comprising the steps of

providing an acetone-insoluble phospholipid component as a starting material;

providing a supporting material; and

combining the acetone-insoluble phospholipid component with the supporting material to produce a matrix incorporating ≥ 5 % by weight of the starting acetone-insoluble phospholipid component,

wherein said matrix has a total diameter between 0.1 μ m and 5000 μ m, and wherein said acetone-insoluble component is selected from the group consisting of (lyso)phosphatidyl serine, lysophosphatidyl serine, (lyso)phosphatidyl lysophosphatidyl choline, phosphatidyl choline, (lyso)phosphatidyl lysophosphatidyl ethanolamine, phosphatidyl ethanolamine, (lyso)phosphatidyl lysophosphatidyl inositol, phosphatidyl inositol, (lyso)phosphatidyl lysophosphatidyl glycerol, phosphatidyl glycerol and derivatives thereof and sphingophospholipids; and

wherein the supporting material is selected from the group consisting of modified or unmodified carbohydrates and proteins, hydrophobic materials ~~selected from the group consisting of waxes, triglycerides, lipids, and polymers~~, mineral components, and mixtures thereof.

36. (Previously presented) The method as claimed in claim 35, wherein the matrix contains between 5 and 90 % by weight of the starting acetone-insoluble phospholipid component.

37. (Previously presented) The method as claimed in claim 36, wherein the matrix contains between 20 and 80 % by weight of the starting acetone-insoluble phospholipid component.

38. (Previously presented) The method as claimed in claim 37, wherein the matrix contains between 40 and 70 % by weight of the starting acetone-insoluble phospholipid component.

39. (Previously presented) The method as claimed in claim 35, wherein the acetone-insoluble phospholipid is sphingomyelin.

40. (Previously presented) The method as claimed in claim 35, wherein the carbohydrates are selected from the group consisting of starch, mono- and disaccharides and sugar alcohols thereof, glucose syrup, dextrins and hydrocolloids

selected from the group consisting of alginates, pectins, chitosan and cellulose, and wherein the mineral components are silicates or mixtures thereof.

41. (Previously presented) The method as claimed in claim 35, wherein the proteins are selected from the group consisting of zein, gluten, gelatin, casein, whey proteins, soybean protein, single-cell proteins, texturized proteins and mixtures thereof.

42. (Previously presented) The method as claimed in claim 35, wherein the proportion of supporting material is $\leq 95\%$ by weight, based on the total weight of the matrix.

43. (Previously presented) The method as claimed in claim 42, wherein the proportion of supporting material is between 30 and 80 % by weight, based on the total weight of the matrix.

44. (Previously presented) The method as claimed in claim 35, wherein the total matrix has a diameter between 10 μm and 1000 μm .

45. (Previously presented) The method as claimed in claim 44, wherein the total matrix has a diameter between 50 and 500 μm .

46. (Previously presented) The method as claimed in claim 35, wherein the matrix is spherical.

47. (Previously presented) The method as claimed in claim 35, wherein the matrix is lens-shaped.

48. (Previously presented) The method as claimed in claim 35, wherein the matrix has liquid contents.

49. (Previously presented) The method as claimed in claim 35, wherein the matrix is a microcapsule.

50. (Previously presented) Functional foods, special foods and dietary supplements comprising the matrix of claim 35.

51. (Previously presented) The foods and dietary supplements according to claim 50, wherein said matrix has a delayed release.

52. (Previously presented) A method for reducing the occurrence of elevated serum cholesterol levels and diabetes symptoms, strengthening mental fitness, exercise tolerance and fitness comprising administering the matrix of claim 35 to a patient in need of such treatment.